



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

NEWS AND INFORMATION FROM The Grand Traverse Bay YMCA

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FOR IMMEDIATE RELEASE

Y SUMMER YOUTH SPORTS OPPORTUNITIES

The Grand Traverse Bay YMCA continues to offer youth sports basic skills this summer.

"These youth sports classes during the summer provide good exercise, fresh air, a time to socialize, and a beginning to learn basic skills of some sports," according to Barb Beckett, Y Sports Director. "All our programs teach basic Judeo-Christian values of caring, honesty, respect, and responsibility in the context of competition and learning sports skills."

The three classes are being offered for youth in our region at our main facility at 3000 Racquet Club Drive in Traverse City:

For boys and girls in preschool, **3 - 5 year olds**, the Y offers it **Kinderkickers** program. Children learn the basics of soccer in a non-competitive, fun, and supporting atmosphere. Safety, skills, and teamwork are the focus. Class meets outdoors unless weather demands a move inside. Parents are encouraged to get involved in class exercises. The program meets on Wednesdays for 6 weeks beginning July 27 from 4:30 and 5:30 pm. Y members pay \$25 and non-members \$60.

For grades 1 - 4, the Y is offering its popular **Basketball Skills** Program. This is a perfect way to learn the game. We run drills, play scrimmages, and have a lot of fun shooting hoops. Half the class is spent on fundamentals, then we put them into practice with a game. All equipment provided. The

program meets on Wednesdays for 6 weeks beginning July 27 from 7 and 8 pm. Y members pay \$25 and non-members \$60.

For graders 5 - 7, the YMCA is proud to offer **Beach Volleyball**. This program is a great way for players to further develop their volleyball skills. Each practice will include: ball control, game strategy, team play, a strong emphasis on fundamental skills, and strength and conditioning. The program meets on Wednesdays for 6 weeks beginning July 27 from 5:30 and 7 pm. Y members pay \$25 and non-members \$60.

The Y is for youth development. The Grand Traverse Bay YMCA provides a safe environment for teens to learn the proper values based conduct and competition.

“It’s more than just a membership ... It’s the YMCA!”